



SBI PT-TEST

FOR INFORMATION ONLY

The following is the North Carolina State Bureau of Investigation's Physical Fitness Pre-Screen for applicants that are selected:

(An instructor will take the applicant's blood pressure and resting heart rate before beginning the exercises)

1. Complete flexibility testing using a Sit and Reach Box
2. Complete maximum number of push-ups in one (1) minute
3. Complete maximum number of sit-ups in one (1) minute
4. Complete a 1.5 mile run

You will need comfortable clothes and running shoes for the above.